



Location: 36 South Main St.
Hours of Operation: Mon - Fri 8:00 AM - 4:00 PM
Phone: (508) 278- 8622

The Silver Center News

Uxbridge Council on Aging Newsletter

www.uxbridge-ma.gov/coa NOVEMBER 2014



Marsha Petrillo - Director
 Donna Oncay - Admin Assistant
 Lynne McPherson - Chef
 Peter Waeger - Van Driver

The tree of liberty only grows when watered by the blood of tyrants



Thank you all for your thoughtfulness and generosity! We continue to need donations of napkins, all purpose cleaner, bathroom tissue and paper towels. We will also accept monetary donations to our lunch program or to the Elderly Connection. The Uxbridge Elderly Connection raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget.

SHOPPING TRIPS – Grocery shopping every Tuesday- Pick up begins at 8:30am. Walmart shopping - 2nd and 4th Thursdays of the month – Pick up begins at 12:30pm.

It may surprise many people to learn that 25 percent of those who die every year in the U.S. are Veterans.

The Senior Center has seen many Uxbridge veterans intersect our lives.. Mostly, we don't take the time to acknowledge their service to the country and to us as individuals. What a shame.

We need to stop them, shake their hands and give them a pat on the back saying Thank You for serving our country and preserving our inalienable freedom. Good bless you.

I just read that 4,153,237 people got married last year. Not to cause any trouble but shouldn't that be an even number?



October 3 was World Smile Day. The Senior Center celebrated vigorously. Here's Marsha demonstrating what a beautiful smile looks like. She looks happy and I think there's a bit of pride behind that smile. I think Marsha is proud of her accomplishments at the Senior Center, and rightfully so. The Center has changed dramatically for the better in the past few years. Ask any of the people that are frequently there. Hats off to her!



Thanksgiving meals, sponsored by the First Food Pantry with the help of the Uxbridge Senior Center, will be delivered on **November 24** after 5 PM. Thank-you to all volunteers who make this possible.

I shot my first Turkey today; scared the hell out of everyone in the frozen food section!

Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and medical appointments.

Van transportation begins at 10:30 AM each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website for the Lunch Menu.

The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

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COMPUTER CLASSES - Computer classes taught by Nipmuc High School students have started and will continue throughout the school year. You need not come to every class. The classes are free and based on individual needs. Call the Senior Center to register. You can get help with your I Phone, I Pad, tablet, Nook or other electronic devices.

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.



BOO! IT'S HALLOWEEN! @ SENIOR CENTER - Join us on Friday, **October 31** from 11:30 AM to 12:30 PM for our Halloween Party. There will be prizes and surprises! Costumes welcome! Space is limited so register early for lunch.

I eat my tacos over a Tortilla. That way when stuff falls out, BOOM, another taco.

Don't forget the web page, www.uxbridge-ma.gov/coa and/or LIKE us on

Facebook at www.facebook.com/UxbridgeMASeniorCenter

On October 3rd I took pictures at the Senior Center's celebration of **SMILEDAY**. You can find those pictures by going to the link below. Double click each picture to make it larger. <http://1drv.ms/1yZyo1Z>



SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DAYS:

We will be closed on Tuesday, November 11 for Veteran's Day, and Wednesday, Thursday and Friday, **November 26-28** for Thanksgiving. No lunch will be served.

ATTENTION VETERANS

Join us on Wednesday, **November 5, 2014** for a Lunch and Learn with Mary Beth Kawalek, Hospice Service Coordinator for Overlook Hospice. She will discuss a volunteer program where veterans help veterans.

IMPORTANT OPEN ENROLLMENT SHINE VIDEO

Go to the Uxbridge Senior Center web page and view the new SHINE video. You will find important information to help you with your Medicare and Medicare Advantage insurance.

I didn't fight my way to the top of the food chain to be a vegetarian

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in
September 2014

Telephone Calls	1,202
Meals Served	540
Daily Visitors	809
Medical Runs (Round Trips)	114
Hannaford Shopping (Round Trips)	25
Walk-In Help	247
SMOC Fuel Assistance	12
Walmart Shopping (Round Trips)	15
Lunch Pick Up	228

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LUNCH AND LEARN WITH POLICE CHIEF LOURIE

– Join us on Friday, **November 7, 2014** for our monthly Lunch and Learn with Police Chief Lourie. Call early and reserve your spot for lunch. We want to thank Chief Lourie for bringing us a year of great programs. We are very thankful to be working so closely with our Police Department.

Thank You!

We had such a great time at our Hoedown in October! Thank you to Heather Hough and Ashley from Whitney Place in Northbridge for bringing Maurice Cargiulo and his accordion to entertain us. We had so much fun that we can't wait for them to come back again! Also, thank you to the following- Tony Giunta from Hannaford's for his continued support, Carol Tucker from Christopher Heights for providing lunch for our seniors and to Cheryl Ethier, and Fire Chief Bill Kessler for teaching a CPR class to our employees.

First Night

The First Night Committee will sponsor a Breakfast on Sunday, **November 2, 2014** from 7 AM to 11 AM at the Senior Center. Tickets are \$6.00. Proceeds go toward the First Night Festivities

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

NIGHT WHISPERS

The tree spreads its branches toward the night
casting shadows on the weeping weeds,
torn and cast about by time's careless scythe.

Leaves caressed the edges of the last worn branches
near the meadow's light.

The wind danced as unbridled passion fanned
flickering flames on yesterday's dreams.

Hearing the plaintive cry of the wind, rain poured
down pleading in vain for solitude once more.

– by Georgetta Garcia



MEDICARE AND PRESCRIPTION ADVANTAGE

PLANS - Prescription Advantage is a state-sponsored pharmacy assistance program that helps lower your prescription drug costs. You can now apply on line at www.prescriptionadvantagemma.org. During the annual Medicare open enrollment, **October 15- December 7**, you will have a chance to change your plan for next year. We can help you understand your plan as well as other options you may have. Call the Senior Center at **508-278-8622** or SHINE at **1-800-243-4636** to get more information or to make an appointment.



THANKSGIVING CELEBRATION!! We will be celebrating Thanksgiving on Wednesday, **November 19, 2014** from 11:30 AM to 12:30 PM. Register early for lunch, space is limited. We will have special food, entertainment and fun so sign up early.

BEREAVEMENT COUNSELING Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment.

KEEP YOUR SPIRITS HIGH Perhaps the most devastating threat to seniors in wintertime is depression. Inclement weather can restrict activities and opportunities to mingle with others. The isolation and loneliness that afflict many seniors become even worse when the weather is harsh. Shorter days mean less sunlight, which can also contribute to depression. To prevent depression:

- Socialize. Make an effort to visit with family and friends. Contact a local Council on Aging for help locating transportation services, senior centers and social activities.
- When the weather is too harsh for travel, pick up the phone and call a friend or relative for a chat.

Donate Life

UXBRIDGE SENIOR CENTER
Lunch Menu
36 South Main Street, Uxbridge, MA 01569
(508) 278-8622

NOVEMBER 2014

Marsha Petrillo - Director
Lynne McPherson – Chef
Pete Waeger – Van Driver
Donna Oncay – Transportation Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
				* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA **MENU SUBJECT TO CHANGE WITHOUT NOTICE
3. VEGETABLE SOUP GRILLED CHEESE GARDEN SALAD FRESH FRUIT	4. MEATBALLS W/MARINARA AND PENNE GARDEN SALAD ITALIAN BREAD SUGAR FREE PUDDING	5. ROASTED CHICKEN MASHED POTAOES BUTTERNUT SQUASH APPLE CAKE	6. SHEPHERDS PIE PEAS AND CARROTS SUGAR FREE JELLO	7. BAKED FISH SWEET POTATOES GREEN BEANS SUGAR FREE PIE
10. TUNA CASSEROLE PEAS AND CARROTS BROWNIE W/ICE CREAM	11. VETERAN'S DAY CLOSED NO LUNCH SERVED	12. CHICKEN POT PIE MIXED VEGETABLE SUGAR FREE PUDDING	13. SALISBURY STEAK EGG NOODLES GREEN BEANS PEACH CAKE	14. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM
17. VEGETABLE QUICHE GARDEN SALAD FRESH FRUIT	18. MEATLOAF MASHED POTATOES GREEN BEANS SUGAR FREE PUDDING	19. THANKSGIVING CELEBRATION	20. HOT DOGS BAKED BEANS COLESLAW SUGAR FREE JELLO	21. BIRTHDAY LUNCHEON BAKED FISH ROASTED POTAOES BROCOLLI BIRTHDAY CAKE
24. BAKED MACARONI AND CHEESE STEAMED CARROTS PEACHES AND CREAM	25. TURKEY POT PIE JASMINE RICE MIXED VEGETABLE SUGAR FREE PUDDING	26. THANKSGIVING CLOSED NO LUNCH SERVED	27. THANKSGIVING CLOSED NO LUNCH SERVED	28. THANKSGIVING CLOSED NO LUNCH SERVED

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.